

Tropical Trail Mix

Help ward off afternoon hunger with our Tropical Trail Mix. Store bought trail mixes tend to be higher in sugar and have a poor ratio of carbohydrates to protein. Our version packs protein from almonds and sunflower seeds with carbohydrates from dried fruits; always choose unsweetened dried fruit when you can. The carbohydrates will give you energy and the protein will help keep you feeling full until your next meal.

Ingredients:

- 1 cup Chex cereal
- 1/2 cup raw, hulled sunflower seeds
- 1/4 cup dried apricots, diced
- 1/4 cup dried banana chips
- 1/4 cup unsweetened flaked coconut
- 1/4 cup semi-sweet chocolate chips
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger

Directions:

1. Combine all ingredients in a large mixing bowl.
2. Divide trail mix into 1/4 cup servings and store in zip top bags or air tight containers for an easy to grab snack on-the-go!

Yield: 8 servings (1/4 cup trail mix per serving)

Nutrition Facts:

123 Calories; 8g Fat (3g Saturated Fat; 0g Trans Fat); 0mg Cholesterol; 38mg Sodium; 13g Carbohydrate (2g Fiber, 5g Sugar, 3g Added Sugar); 3g Protein; 4% Daily Value (DV) Vitamin A; 2% DV Vitamin C; 1% DV Vitamin D; 2% DV Calcium; 15% DV Iron; 3% DV Potassium

Recipe

